

Rice Croquette

ライスコロッケ

● Ingredients (about 20 croquettes)

3 cups Steamed Rice

3 Tbsp. Flour (total)

1 Tbsp. Butter or Margarine

1 cup Milk

1 cup Shredded Cheese (any kind)

2 eggs

½ cup Bread Crumbs

Vegetable Oil for frying

Salt and Pepper

Onion Powder, Garlic Powder (to taste)

● White sauce



In a small saucepan over medium heat, melt 1 Tbsp. of butter or margarine. Add 1 Tbsp. of flour and stir until the butter and flour are well combined.

Pour in 1 cup of milk, stirring constantly as it thickens.

Season with some salt and pepper.

● Mix



In a bowl, combine 3 cups of steamed rice, the white sauce and 1 cup of shredded cheese, and Mix well.

Season to taste with some onion powder, garlic powder, salt, and pepper.

Form the rice mixture into a golf ball-size. If the mixture is too soft to form, cool it down in the refrigerator.

● Batter



First flour the ball in 2 Tbsp. of flour.

Then dip it in 2 whisked eggs
Then press it into $\frac{1}{2}$ cup of bread crumbs. Tap off excess.

Repeat with the remaining rice mixture.

● Fry



Pour about 3 inches of vegetable oil into a skillet and heat the oil over medium heat.

Drop a small solid bit of some bread crumbs into the oil to check that the oil is hot enough. If the bread crumbs float with bubbles, the oil is ready.



Add the balls to the oil 3 or 4 pieces at a time. Fry for 1 minute on each side.



Drain on a metal rack. (*This makes the croquette texture crunchy.*)



If you want, you can serve with your favorite tomato sauce. That would make the croquette look and taste great.